



Sambal Chicken Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 0.3 cup fish sauce (such as nam pla or nuoc nam)
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 1 1/2"-2" pieces
- ☐ 0.3 cup sriracha
- ☐ 0.5 cup rice vinegar

Equipment

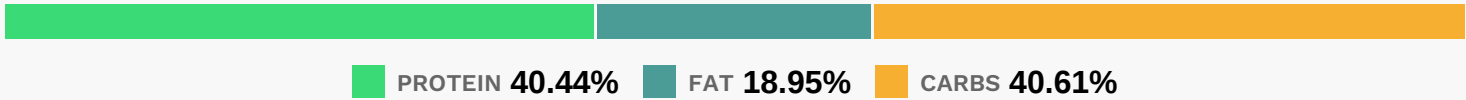
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill for medium-high heat.
- ☐ Whisk brown sugar, vinegar, chili paste, fish sauce, Sriracha, and ginger in a large bowl.
- ☐ Add chicken and toss to coat. Thread 4 or 5 chicken pieces onto each skewer.
- ☐ Transfer marinade to a small saucepan. Bring to a boil, reduce heat, and simmer until reduced by half (about 1 cup), 7-10 minutes.
- ☐ Grill chicken, turning and basting often with reduced marinade, until cooked through, 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:16.257826167604%

Nutrients (% of daily need)

Calories: 343.04kcal (17.15%), Fat: 7.12g (10.95%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 34.16g (12.42%), Sugar: 29.44g (32.71%), Cholesterol: 161.59mg (53.86%), Sodium: 1698.97mg (73.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.35%), Selenium: 40.5µg (57.86%), Vitamin B3: 10.27mg (51.34%), Vitamin B6: 0.89mg (44.28%), Phosphorus: 334.95mg (33.5%), Vitamin B5: 2.11mg (21.11%), Vitamin B2: 0.34mg (19.86%), Vitamin B12: 1.16µg (19.3%), Vitamin C: 14.93mg (18.1%), Zinc: 2.68mg (17.86%), Magnesium: 70.77mg (17.69%), Potassium: 601.49mg (17.19%), Vitamin B1: 0.18mg (12.05%), Iron: 1.93mg (10.74%), Copper: 0.15mg (7.56%), Vitamin K: 5.57µg (5.3%), Calcium: 52.03mg (5.2%), Manganese: 0.1mg (5.17%), Folate: 17.65µg (4.41%), Vitamin E: 0.38mg (2.54%), Vitamin A: 112.14IU (2.24%)